



FOLIC ACID

Supplements can be an important way to get folic acid, but food offers the benefit of great taste! Get yourself into a good habit of including a variety of foods with folic acid in all meals. When you are grocery shopping, check the labels on bread and cereal products to choose those higher in folic acid. The meal and snack suggestions and the table below show examples of foods that provide at least 10% of the recommended daily amount of folic acid.

Breakfast bonanzas

- Orange juice and fortified cereal
- Whole wheat toaster waffles with frozen berries
- Whole wheat English muffin with peanut butter
- Oatmeal with sliced berries

Luscious lunches

- Lentil soup and whole wheat crackers
- Spinach salad with chickpeas
- Bean chili with a green salad
- Tuna sandwich with a fruit salad
- Veggie soup with whole wheat roll

Quick snacks

- Whole orange or banana
- Toasted soybeans
- Peanuts or pistachios
- Whole grain cereal and milk
- Tomato juice

Delightful dinner dishes

- Baked beans
- Steamed asparagus or beets
- Stir-fried broccoli
- Three bean salad
- Spinach and avocado salad

FOOD/SERVING SIZE	% DAILY VALUE
Spinach, 2 cups raw	55%
Spinach, 1 cup cooked	50%
Lentils, ½ cup cooked	45%
Chickpeas, ½ cup cooked	35%
Asparagus, ½ cup cooked	30%
Orange juice, 1 cup	27%
Peanuts (dry-roast), ⅓ cup	25%
Pistachios (roasted), 1 oz.	25%
Strawberries, 8 medium, raw	20%
Wheat germ, ¼ cup	20%
Enriched bread, 1 slice	10%

Folic acid during pregnancy

The CDC (Centers for Disease Control and Prevention) recommends that all women of child-bearing age consume 400 micrograms of folic acid each day. This is because half of US pregnancies are unplanned and folic acid can prevent birth defects that occur very early in pregnancy, before most women know that they are pregnant.

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Lentil Chili

Yield: 6 Servings | Serving Size: 1 Cup

- ½ pound lean ground beef
- 1½ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils (or canned, drained and rinsed)
- 1 (28 ounce) can or 2 (14.5 ounce) cans diced or crushed tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin (or more, to taste)
- ½ teaspoon salt

- 1) In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
- 2) Add onion and garlic and cook until softened.
- 3) Add lentils, tomatoes, chili powder, cumin, and salt. Cook for about 1 hour until flavors are blended.
- 4) Serve hot, topped with your favorite chili toppings.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (283g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 560mg	24%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 4mg	20%
Potassium 330mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Vegetarian White Bean Soup

Yield: 7 Servings | Serving Size: 2 Cups

- 2 small zucchini, quartered lengthwise and sliced
- 2 cloves garlic, diced
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 Tablespoons vegetable oil
- 3 (14.5 ounce) cans low-sodium vegetable broth (or 6 cups prepared from bouillon)
- 4 cups cooked navy beans (or canned, drained and rinsed)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- ½ teaspoon pepper
- ½ teaspoon salt (or up to 1 teaspoon, as desired)

- 1) In a large saucepan, sauté the zucchini, garlic, onion, celery, and carrot in oil for 5-7 minutes or until crisp-tender.
- 2) Add the remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer for 15 minutes or until vegetables are tender.

Nutrition Facts	
7 servings per container	
Serving size	2 cups (450g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 38g	14%
Dietary Fiber 13g	46%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4mg	20%
Potassium 654mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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